

# A 10-Step Plan to End Childhood Hunger in Montana

## 2010 - 2020

### Understanding Childhood Hunger

Over 92,000 Montana children experience hunger and lack of access to nutritious foods at various times each week and month. Their families struggle to put food on the table every day. The Montana Food Bank Network has seen a dramatic increase in children's need for emergency food, which increased from 113,768 children served in the first half of 2009 to 165,443 children served in the first half of 2010.



The issues these children face can be complex, but solving their need for food is achievable. Kids come first and we need to assure their access to adequate and healthy food in ways that meet their needs to grow, learn, and have successful futures.

**We can end childhood hunger** by mobilizing private and public resources in the state, forming public-private partnerships, maximizing utilization of food programs already in place, providing nutrition education, and pursuing policy changes that reduce childhood hunger in a long-term, sustainable way.

### Tackling the Problem

The concerted effort to address the problem began with a Montana Summit to End Childhood Hunger in Helena on September 15, 2010. The Summit was attended by 54 stakeholders from several disciplines and regions, hailing from Lake Deer to Lima, Choteau to Billings. Attendees represented schools, food banks, state and local governments, non-profit organizations and foundations.

Participants identified priorities and committed to action areas corresponding with their interests and expertise. Following the Summit, a steering committee was formed to distill the attendees' recommendations which have now culminated into the **10 Steps to End Childhood Hunger in Montana**.

### The "End Childhood Hunger in Montana" Steering Committee

The "End Childhood Hunger in Montana" Steering Committee was established to bring childhood hunger to the forefront and make sure that every child, in every corner of the state, gets three healthy meals a day, or enough food to meet their nutritional needs daily.

The committee includes a strong coalition of organizations and agencies on the state and local level representing the private and public sectors, including the Montana Office of Public Instruction, the Montana Department of Public Health and Human Services, and the Food Security Council of the Montana Food Bank Network.



### 10 Steps to End Childhood Hunger

This document is the starting point for a ten-year plan to end childhood hunger for the first five years, after which goals will be reassessed and adjusted.

CHILDREN & FAMILIES INTERIM COMMITTEE  
NOVEMBER 14, 2011  
Exhibit 14

# 10 Steps to End Childhood Hunger

STEP	GOALS	BASELINE	5-YEAR BENCHMARK
<b>1</b>	<b>Provide a nutrient-rich breakfast for all school children</b>	Increase the number of School Breakfast programs	82% of schools with lunch programs offer breakfast Increase to 90% (21 more schools)
		Increase participation in School Breakfast Programs	19% of children participate in School Breakfast Programs Increase participation in School Breakfast Programs to 25%
		Expand breakfast options such as universal free breakfast, breakfast in the classroom and grab-n-go programs	Universal free breakfast at 127 sites, including schools, residential child care institutions and attendance centers 50% of schools offer expanded breakfast options
<b>2</b>	<b>Provide nutrient-rich meals for Montana children during out-of-school times</b>	Provide meals through community programs like Back Pack Program	22 schools offering Back Pack Program Start Back Pack Program at 10 new schools
		Initiate food programs through Boys & Girls Clubs	6 Boys & Girls Clubs offer supper Increase number to 12
<b>3</b>	<b>Expand the reach of Summer Food Service Program in Montana</b>	Increase the number of Summer Food Service Programs	188 sites operated in 2010 Increase to 200 sites
		Increase participation at existing sites	2010: 7,304 children served 11,877 children served
		Create incentives for children to participate by offering activities besides food	2010: Total of \$148,379 of ARRA funds awarded to 34 sponsors for activity grants Find alternate funding source, provide \$100,000 in grants to 20 sponsors
		Generate community effort to help transport children to summer food programs	2010: One community offered transportation to sites Increase to 10 communities by involving public transportation, vans, etc
<b>4</b>	<b>Support nutrient-rich snack and supper meals in Montana's afterschool programs and childcare centers</b>	Increase the number of child care sites participating in Child and Adult Care Food Programs	135 institutions participating in CACFP Increase by 5%
		Maximize nutritional quality of meals in all settings	Staff at 8 sites have training on nutritional needs for children and food safety Increase to 18 sites
<b>5</b>	<b>Guarantee that all eligible Montana families have access to public food programs</b>	Maximize participation in SNAP, WIC, FDIPIR, School Lunch, Afterschool Snack Program and Fresh Fruit and Vegetable Program (FFVP)	<b>SNAP:</b> 62% participation among income-eligible people <b>WIC:</b> 20,860 participate <b>FDPIR:</b> 33,120 food packages distributed per year <b>School Lunch:</b> 55% of FRP-qualifying students participate in lunch <b>Afterschool Snack Program:</b> 204 schools participate <b>FFVP:</b> 110 schools participate <b>SNAP:</b> Increase to 70% or 1% increase per year <b>WIC:</b> Increase to 22,000 <b>FDPIR:</b> 39,600 food packages distributed per year <b>Lunch:</b> Increase to 70% <b>Afterschool Snacks:</b> Increase to 244 schools <b>FFVP:</b> Increase to 175 schools
		Reduce barriers to participation	Provide community support, e.g. transportation (carpools, public transportation), more flexible appointment times and the ability to change appointments

*Note: The goals listed are part of a 10-year plan to end childhood hunger in*

STEP	GOALS	BASELINE	5-YEAR BENCHMARK	
6	Increase access for Montana families to healthy, affordable food	Set up community gardens in low-income neighborhoods through community programs	43 Montana communities have gardens	Increase to 80 communities
		Increase number of farmers and markets accepting EBT, WIC and Senior vouchers	8 markets accept EBT, 13 accept Senior vouchers, 116 farmers accept WIC	15 markets accept EBT, 20 accept Senior vouchers, 200 farmers accept WIC
		Make healthy, affordable food accessible for low-income residents, including local food	Identify barriers to improving selection of fresh foods at grocery stores. Measure current availability.	Increase selection of fresh foods at grocery stores by 10%
7	Ensure healthy eating for pregnant women and support breastfeeding for new mothers	Work with community groups to promote breast feeding	In 2009, 87.7% of babies in Montana were breast fed	Increase number to 92% of babies breast fed
		Ensure working moms have a private, sanitary place to pump and store breast milk	Less than 10% of state work sites offer appropriate places for breastfeeding mothers	Increase number of state worksites to 40%
		Increase participation of WIC eligible pregnant women to improve their nutritional intake	40% of WIC eligible pregnant women participate in the WIC program	Increase participation to 80%
8	Improve adequacy and quality of food donations to Montana food pantries, banks, and shelters	Provide community education for healthy food donations	Create list of high-demand healthy foods, disseminate to groups conducting regular food drives	
		Educate community about funding needs of local agencies	Press releases; support from local service organizations, media, schools, universities, etc	
		Work with Extension to provide nutrition education to food bank clients	15% of food banks clients get nutrition education	Quarterly cooking/nutrition demonstrations at area food banks
		Conduct outreach to Montana Growers and work with Montana food producers to donate fresh products directly to food banks	Work with MT Farm Credit Bureau and local extension agents to identify food growers, donations, and to set a baseline of current contributions to food banks	Increase donation of Montana grown products by 15% of current baseline
9	Offer nutrition education to Montana children and families on making smart food choices and active lifestyles	Increase nutrition education in schools through school wellness policies and partnerships with local extension agents	50% of schools offering at least 1 hour/week nutrition education to all grade levels (K-12)	Increase by 10%
		Provide education for parents and children in menu planning, food budgeting, cooking, nutrition and financial literacy	3.75% of SNAP recipients attend voluntary SNAP-Ed classes	Increase by 10%. Provide information on available classes at all food pantries
		Promote fresh fruits and vegetables, whole grains, high fiber foods and physical activity in schools	17 schools have qualified for either federal or state Healthy School Award Programs	Increase to 75 schools
		Provide education in child care institutions and afterschool programs		
10	Improve the economic security of Montana's working families	Increase to financial literacy training through financial and non-profit organizations	Review programs to determine level of education provided and unmet needs in the state	Increase access to financial literacy training by 25%
		Work with the state to increase TANF benefits; increase participation where applicable	\$424 average monthly benefit per case	Increase to \$500 per month

# Lead Partners



**opi.mt.gov**

**Montana  
Office of Public Instruction**  
Denise Juneau, State Superintendent



## For more information, please contact:

**Denise Juneau**, Superintendent of Public Instruction: (406) 444-3095, [opisupt@mt.gov](mailto:opisupt@mt.gov)

**Hank Hudson**, Economic Security Manager, DPHHS, (406) 444-3470, [hudson@mt.gov](mailto:hudson@mt.gov)

**Allyson Hagen**, Communications Director, OPI, (406) 444-3160, [ahagen2@mt.gov](mailto:ahagen2@mt.gov)

**Minkie Medora**, Food Security Council, MFBN, (406) 549-3413, [minkie.medora5@gmail.com](mailto:minkie.medora5@gmail.com)

## Contact Organizations for 10 Steps to End Childhood Hunger

Montana Office of Public Instruction (OPI)

Local School Districts

Montana Department of Public Health & Human  
Services Departments

- SNAP
- Child & Adult Care Food Programs
- WIC
- Food Distribution Programs on Indian  
Reservations

MSU Extension, Food & Nutrition Services

State Nutrition & Physical Activity Program (NAPA)

Montana State Breast Feeding Coalition

Montana Food Bank Network (MFBN)

Food Security Council

State Consumer Credit Counseling Services